

# Woman's Day

LIVE WELL EVERY DAY™

## Best-of-Summer Guide

★ Food ★ Fun ★ Fashion ★ More

**17 MEDICAL MISTAKES  
YOU CAN PREVENT**

**Lose Weight  
Now!**  
4 Biggest Fat  
Traps to Avoid

**12 Perfect Summer  
Recipes You'll  
Use Again and Again**



JULY 8, 2008 U.S. \$2.79  
**womansday.com**  
100's of Recipes  
& Useful Tips



by Mary Hunt

# Save \$1,000s on practically everything

**1** DO YOU FEEL AS IF YOU'RE being swept out to sea on the waves of rising prices? Well, it's time to do something about it—assess where all the money is going, find ways to cut those costs, and keep more of your hard-earned cash. The good news (yes, I have some!) is that you don't have to make big life changes like getting rid of entertainment or Internet access. You simply have to find clever, realistic ways to spend less so you can save more.



## phone, internet, tv

**BUNDLE UP** I've said it before, but I'll say it again: Combining your cable or satellite TV, Internet service and long-distance telephone into one bundle may cost you far less than you're currently paying for each service separately. Depending on where you live, you may be able to get this kind of "triple-play" deal for about \$99 a month instead of the \$130 or so you're probably spending now. Call your cable or satellite company and do the math.

**BUY ONLINE** Time to replace that cell phone? Before you walk into the carrier's retail store, visit the web. Online wireless retailers offer the same phones and the same service plans for all the major carriers—but for a lot less because they don't have to cover the overhead of a brick-and-mortar store. The average cost savings on cell phones at LetsTalk.com, an online retailer that represents all the major service providers, is more than 70 percent. For example: The AT&T Tilt phone is \$299.99 at the AT&T store; at LetsTalk.com, it's \$99.99.

**USE PREPAID MOBILE** If you talk for fewer than 200 minutes a month, paying \$60 a month for your wireless service plan (the national average) is too much. Switch to a prepaid cell phone plan. Most wireless (Please turn to 82)